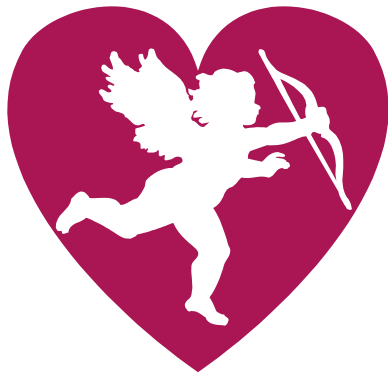


This page contains 365 fun activities that promote child development. Doing things together is one of the most effective and successful ways to build self-esteem and promote the importance of children. Set aside some time each day for an activity and enjoy yourself and your children.



Go to a movie together
Visit your child's school
 Martin Luther King Jr.'s birthday: Learn something about black history
 Hug one another
 Dig out old yearbooks and share experiences
 Switch roles for the evening
 Discuss water safety
 Hike in a canyon
 Visit the library
 Read the paper aloud
 Read a book together
 Study the cactus wren
 Sew a stuffed animal



New Year's Day: Develop individual/family resolutions
 Go tubing
 Invite friends over for breakfast
 Watch for meteors
 Work on a family scrapbook
 Study together
 Have an indoor picnic
 Create a list of jokes
 Learn a new game
 Talk about your job with your family
 Have an indoor scavenger hunt
Plan a snow skiing trip
 Become more active in your Parent-Teacher Association
 Make caramel corn
 Watch public television together & discuss



Visit a nursing home
 Rearrange the living room
 Study the clouds
 Make your own trail mix
 Listen to classical music
Talk about love
 Have a backgammon or checkers tournament
 Feed some ducks
 Do some finger painting
 Visit the post office
 Take pictures
 Pop popcorn
 Discuss ice safety
 Lincoln's birthday: Discuss the Civil War
 Read a favorite poem out loud
 Tell your family how much they mean to you
 Watch a TV show and discuss

President's Day: Learn something new about our American presidents

Have a sing-a-long

Discuss going to the dentist and dental care

Play hockey

Put a puzzle together

Cook a gourmet dinner

Washington's birthday: Learn something new about the American Revolution

Study kachinas

Make a greeting card

Play hide and seek

Learn something about National Parks

Learn to knit

Hunt for butterflies

Have a late evening cookout

Put together a book of favorite family recipes

Tour an observatory

Learn about different religions

Try playing golf



Sew stuffed animals

Talk about Important things in your lives

Go to a stock car race

Try star gazing

Play horseshoes

Start an exercise program with your children

Discuss pregnancy

Visit a clock maker

Go to a municipal band concert

Independence Day: Watch fireworks

Pick a restaurant you've never been to and go out for dinner

Make cookies

Learn about winter wild flowers

Draw a winter scene

Learn about computers



Write a letter to a friend

Collect leaves

Learn to balance a checkbook

Go to a drive-in movie

Visit the local police station

Have a block party

Discuss effects smoking has on your body

Take a hike through a state park

Start a community service project

Read to the elderly at a nursing home

Go grocery shopping as a family

Columbus Day: Learn about different explorers

Have a story hour

Play Scrabble

Check the newspaper for upcoming events

Visit friends you haven't seen for a long time

Learn how to weave

Play bingo

Have a family gymnastics day



Look for nuts and acorns
 Take a family vacation
 Make smores
Play touch football
 Build a birdhouse
 Watch the evening news and discuss



Study the San Francisco Peaks

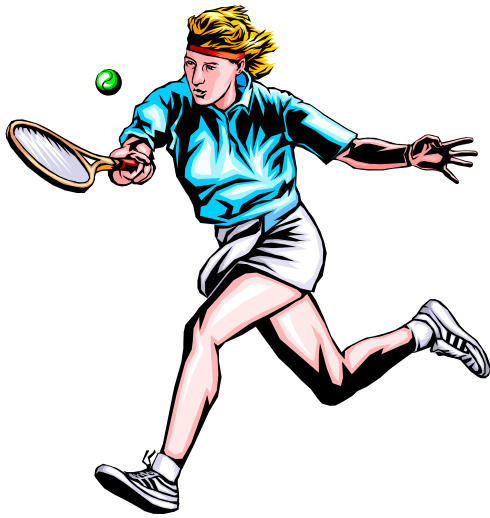
Go to a school board meeting
 Visit the Grand Canyon
 Visit a horticulture greenhouse
 Discuss the use and effect of drugs
 Have a water fight in the back yard
 Bake a cake
 Learn about the National Forests
 Try archery
 Spend a day swimming
 Visit the airport
 Make a quilt
 Climb trees
 Visit a farm
 Weed and water the garden
 Go camping
 Pick vegetables out of the garden
 Learn about community resources
 Play kick the can
 Swing on swings
 Have a family talent show
 Watch a sunrise



Make a pizza
 Plant some vegetables
 Go on a hayride
 Tour City Hall
 Veteran's Day: Talk about the Vietnam War
 Discuss marriage
 Learn about Frank Lloyd Wright
 Go horseback riding
 Start a rock collection
Learn about pet care
 Have a spelling bee
 Tour a train station
 Latch a hook rug
 Visit a cemetery
 Participate in a community celebration
 Enter a contest
 Sit by a lake
 Plant fall bulbs: tulips
 Make a homemade musical instrument

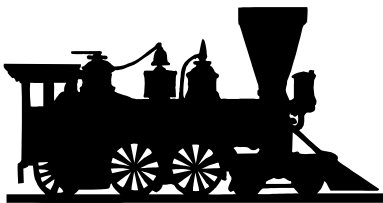


Till the garden
Draw a map and have a treasure hunt
 Tour Hoover Dam
 Play a game of tennis
 Go mushroom hunting
 Make clay and create
 Find a stream and look for tadpoles
 Play volleyball



Go roller skating
 Write a song
 Have a family reunion
 Learn about irrigation
 Go window shopping
 Look through family pictures
 try a walk in the rain
 Learn about boating
 Discuss how to communicate with one another
 Mother's Day: Discuss female leaders
 Have a fire drill
Play racquetball
 Look for wild flowers
 Share feelings
 Ride bicycles

Paint a picture by numbers
 Visit the zoo
Visit an old church
 Make a paper maché sculpture
 Plant indoor plants
 Refinish an old chair
 Discuss death and dying
 Study Arizona history
 Go to a play
 Discuss the anatomy of the body
 Talk about the galaxy
 Learn about Native Americans
 Make a hammock
 Everyone help with yard work
 Make homemade ice cream
 Run through the sprinkler
 Visit the Heard Museum
 Paint the house or garage
 Go rock hunting
 Have a watermelon eating contest
 Discuss what it's like to be a parent
 Build a people pyramid
 Visit the State Capitol



Play croquet
 Go to a county fair
 Discuss being a teenager
 Pick your own fruit
 Learn about Cinco de Mayo
 Try canning garden vegetables
 Make a shoe box camera
 Visit different parks in town
 Discuss being an adult
 Take flowers to a friend
Go for a train ride
 Have a neighborhood barbecue
 Watch a sunset
 Play baseball
 Build a tree house
 Tour a college campus
 Have a wiener roast in the park

Learn about herbs
 Do laundry together & hang outside
 Go to a softball game
 Wash and wax the car
 Go rafting
 Start a shadow box
 Work on crossword puzzles
 Talk about gun safety
 Read the Sunday newspaper together
 Have a slide show
 Play badminton
 Bake some nutritious snacks
 Learn about archaeological history
 Take a walk through the woods
 Play soccer
 Discuss what it's like to be in the hospital
 Visit grandparents
 Pick flowers for an arrangement
 Father's Day: Talk about male role models
 Have a family portrait taken
 Attend an arts and crafts fair
Plan a trip to Europe
 Tell ghost stories

Visit a hospital
 Go wading in a creek
 Try canoeing
 Visit a lake
 Go bird watching



Make a greeting card for a grandparent
 Make the weekly grocery list together
 Spend an afternoon at the local flea market
Design your own wrapping paper
 Play charades
 Develop a family poster
 Clean the garage
 Discuss the effects of alcohol on the body
 Write a family history
 Attend an athletic event
 Pan for gold
 Study local cacti
 Visit the solid waste plant
 Have a bonfire
 Thanksgiving: Learn about Pilgrims
 Go the library and check out a film
 Do a soap carving
 Bake cookies
 Make popcorn balls
 Learn a square dance
 Have a taffy pull
 Skip stones on a nearby lake or stream

Write a poem
 Make an ant farm
 Discuss pregnancy and child care
 Visit a ghost town
 Talk with grandparents about their past

Visit a mining town

Play 20 questions

Make mud pies

Visit a neighboring state

Study deer & visit the forest

Wallpaper a room

Make paper snowflakes

Visit a museum

Try decoupage

Make paper hats

Plan a surprise birthday party

Paint a mural

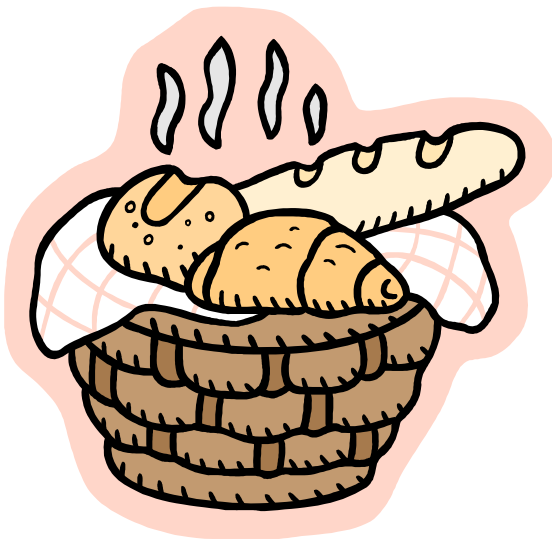
Visit the fire station

Make a wind chime

Go to a school play

Attend a city council meeting and discuss

Make a stained glass decoration



Explore the attic

Go bowling

Roast marshmallows

Take a drive down a country road

Make clay and create

Listen to a radio show

Tour mom's/dad's work place

Have a snowball fight

Watch the full moon come up

Discuss exercise and good health

Play hopscotch

Exercise or diet together

Stop at a child's lemonade stand

Prepare a menu

Learn a new dance

Find a new recipe and make it



Take turns playing favorite records

Play Cañasta or another card game

Visit a tree farm

Talk about going to the doctor & physical exams

Discuss sexual abuse and what to do

Raise money for charity

Write a story

Go to a high school graduation

Watch homemade movies/slides

Go winter camping

Have a family circus

Create your own stationary

Learn about clan systems

Build a house of cards

Visit a relative

Learn CPR

Have a family awards night

Build a wooden toy

Run an obstacle course

Visit the neighbors

Bake bread

Make up puns



Whistle together
Try cross-country skiing

Go jogging

Discuss nutrition & the four basic food groups
Start a family genealogy
Try a winter barbecue
Take a family walk



Start planning a summer vacation
Wash all the windows in the house
Discuss how animals live in winter
Visit Snow Bowl
Play Monopoly or another board game
Play frisbee
Tell stories about your ancestors
Pick up litter off the streets
Discuss growing old and old age
Play Farmer in the Dell
Have a rummage/garage sale
Learn about pollution
Discuss favorite books
Clean the closets
Bake a pie
Learn about adoption
Make candles Browse through a furniture store
Learn about different nationalities
Go to an auction
Flag Day: Talk about patriotism
Wash the dishes together
Start a savings account
Make someone breakfast in bed

Tell family members what you like about them
Try sponge painting
Read a Biblical scripture and discuss
Learn how to get water in the desert
Learn how to budget money
Visit a radio or television station
Study the cactus wren
Tell each other about school experiences
Learn how to save energy
Study geology
Find and read an old newspaper
Make and fly paper airplanes
Cook a meal and eat it by candlelight
Start a Kazoo band
Play miniature golf
Talk to each other in Pig Latin
Play "I see something you don't see..."
Go fishing
Visit Monument Valley

